

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.9422
Pv2D83

WAR FOOD ADMINISTRATION
Office of Distribution
609 Jackson Building
Providence 3, Rhode Island

December 1944

DRIED WHOLE EGGS

Whole egg powder may vary in color from light yellow to yellowish orange. Dried eggs have practically the same food value as fresh eggs. And eggs are next to milk in the diet as sources of good protein, iron, vitamin A, and riboflavin.

Packaging and Storing

Dried eggs must be kept in a tightly covered container, in a cool, dry place, away from foods from which odors and flavors may be absorbed, if they are to retain their high quality.

To prevent deterioration, egg powder should be held at a temperature ranging from 50° to 70° F. Under no circumstances should the storage temperature go higher than 80° F. It is important to return the container of the egg powder to a suitable storage place soon after removing the quantity of the powder needed in the preparation of a meal; letting it stand in a warm kitchen as food preparation continues gives the contents a chance to absorb moisture and become warm. After opening the container and removing some of the egg powder, the lining should be folded down carefully and the lid of the container adjusted closely to exclude as much air as possible.

Dried whole eggs, because of their low moisture content, absorb moisture rapidly if stored in a damp place. The absorption of moisture causes the powder to become lumpy and makes it difficult to reconstitute, increases the chances of spoilage, and allows for changes in flavor.

Egg powder, like milk and cream, absorbs odors and flavors easily, especially if not kept in tightly closed containers. It should not be stored near foods having strong odors or flavors, or in a musty storage room.

Reconstituting Dried Whole Eggs

Egg powder is reconstituted by adding water to replace that which was removed in the drying process. To reconstitute dried egg, use equal measures of egg and either cold or slightly warm water. Measure the powder into a mixing bowl, add a small amount of the water, and mix until smooth with a spoon. Continue adding the water while stirring; as lumps form, work them out with a spoon against the side of the bowl. The reconstituted mixture is perishable, and should either be used at once or kept in a cold place.

Two tablespoons of the powder are equal to one whole egg; a cup would be equal to 8 eggs. The exact number of shell eggs represented by a pound of the egg powder varies with the size of the fresh eggs. As a rough guide, a pound of dried whole eggs may be considered to represent the content of about 3 dozen medium-sized eggs (shell eggs weighing 24 ounces to the dozen.) On this basis, a 1/4-pound box contains the equivalent of about 500 fresh eggs.

The best results in the use of whole egg powder are obtained if it is reconstituted as directed above before adding it to other ingredients in a recipe. This was found true even in making cake, muffins, cornbread, and griddle cakes, although directions are sometimes given for sifting the egg powder with the dry ingredients in recipes for such products. It is, of course, always necessary to reconstitute the egg powder in making scrambled eggs, omelet, custard, and salad dressing.

Dried egg powder is easily used in cookies, cake, quick breads, custards, puddings, and salad dressing. High quality scrambled eggs can also be prepared from the egg powder. For variety, the scrambled eggs might be used as a sandwich filling.

Special recipes for the use of dried whole eggs are not necessary; the reconstituted whole egg powder is simply used in place of fresh eggs in suitable recipes that have been tested and found satisfactory.

FROZEN EGGS

Frozen eggs provide the same food value as fresh ones, and when defrosted or thawed, can be used in the same ways as fresh ones. They are difficult to separate, so are most easily used as whole fresh eggs, in making scrambled eggs, baking or cooking.

When thawed, one cup of the eggs usually contains eight to ten eggs, although this, of course, depends on the size of the eggs used for freezing.

Thawing or Defrosting

Thawing or defrosting may be accomplished in a variety of ways, some of which are much more desirable than others. A rapid and excellent way to defrost the frozen egg is to place the sealed can under running cold water for 5 to 6 hours, in which case the defrosting is usually accomplished at temperature of 33° to 34° F. Another satisfactory method is to place the can in a tub or bucket of cold water sufficient to completely immerse the can if it is sealed, or to come to within two or three inches of the top if the can has been opened. The eggs so thawed remain relatively smooth in appearance, retain their fresh flavor, and produce quick breads, cakes, and other products of superior quality.

Frozen eggs may also be satisfactorily defrosted by placing the can, either sealed, or opened and loosely covered, in a refrigerator or cooler that maintains a temperature of 40° to 45° F. Defrosting under such refrigeration probably will require 24 hours or longer. Defrosting at room temperature (around 68° to 70° F.) is somewhat more rapid but less desirable.

Partly defrosted eggs may be taken from the can but should not be placed in mechanical mix or otherwise beaten until all icy material has disappeared; otherwise lumps of egg may appear in the finished product. Frozen cores remaining after using defrosted eggs from near the outside of can should be cut up and packed down in bottom of can. This will prevent "bleeding" of the moisture from the egg mass while final defrosting takes place.

Eggs can be defrosted one day for use the following day, and stored overnight, covered but not necessarily sealed, in a refrigerator or other cold place.

